



Cardiac problems
and stress

HEALTHY MINDS

Got something on your mind?

Cardiac problems and stress

Having a heart attack or experiencing problems with your heart can be a huge shock to the system. You may find that the amount you can do on a day-to-day basis has significantly reduced. Simple tasks can take longer and leave you feeling tired.

The shock of your condition or diagnosis could leave you feeling nervous or anxious about the types of activity that you can still do. You may find that your mood isn't as bright as usual or that worries about your heart are getting you down. Some of these feelings will come and go and others may be harder to shake off.

It's normal to feel panicky or anxious when you have chest pains. Feeling panicky can make you feel short of breath or make your heart beat faster. You may also feel your heart problems are getting worse when you are anxious but being able to stay calm and relaxed can help you to keep in control of the situation and take whatever action you need to take.

Feeling low when you have problems with your heart is also a common reaction. People may find they have little energy or motivation. They may withdraw and stop doing things, such as leaving the house or spending time with friends or family. Withdrawing in this way can lead to further problems with physical and emotional health.

The cycle opposite shows how this can happen.

Vicious cycle of anxiety/low mood and cardiac problems



How Healthy Minds can help

Following the advice of your GP or nurse is essential to managing your condition effectively.

Healthy Minds can offer you help to manage situations which make you feel panicky or anxious by giving you time to talk about your condition and helping you to find ways to improve your mood and feel more motivated.

Healthy Minds will:

- Offer a safe place to allow you to talk about your condition and how it affects you.
- Look at ways you can adjust to your condition and to begin to feel more motivated and improve your mood.
- Help you to better understand the interaction between anxiety and chest pain.
- Allow you to learn ways of coping with and managing panic.
- Allow you to set realistic goals and to pace your daily activities to make them more manageable.
- Allow you to find ways of coping and dealing with stress.

Our therapists can provide you with support in a number of ways. You will be offered an assessment to decide on the most appropriate treatment option. This may include one-to-one therapy, telephone sessions or group therapy. They could work with you on a one-to-one basis, or you may want to be accompanied by a close friend or family member if you would find it helpful. Some sessions may also be delivered in a group setting. This offers you the opportunity to share your thoughts and concerns with people who may be experiencing similar issue and learn new ways of coping.

Contacting Healthy Minds

You can pass on your details to Healthy Minds by using the website below. You will be contacted in due course. However if you require any further information, please do not hesitate to contact us on:

Tel: 0161 419 5725

www.penninecare.nhs.uk/healthyminds

If you prefer, you can ask your GP or other healthcare professional to refer you to Healthy Minds.

Patient Advice and Liaison Service

The Patient Advice and Liaison Service (PALS) acts on behalf of service users, families and carers to negotiate prompt solutions and help bring about changes in the way that services are developed. As well as providing a confidential advice and support service, PALS will help guide you through the different services available from the NHS.

Tel: 0161 716 3178

Comments and complaints

We want to learn from comments and complaints about our services. If you have any, please speak with a member of staff. Every effort will be made to resolve any concerns and complaining will not cause any difficulties in your care with us.

You can also contact the Trust's Complaints Department via post at Trust Headquarters, 225 Old Street, Ashton-under-Lyne, OL6 7SR.

Tel: 0161 716 3083

Email: complaints.penninecare@nhs.net

Become a member of our Trust

You can be the voice of your community by electing or becoming a governor, find out more about your local mental health and community services, and receive updates, comment on our plans and get invitations to health events.

Tel: 0161 716 3960

Email: ftmembership.penninecare@nhs.net

Alternative formats

If you need help to understand this information, require it in another format such as large print, spoken (on CD) or Braille, or require it in a different language – speak to a member of staff.